	Nutrition Education Lesson Third Grade (TL-3-5)			
Nutrition constructs	This lesson is designed to engage third graders in goal-setting related to healthy behaviors.			
Iowa Core	W.3.2 – Write informative/explanatory texts to examine a topic and convey ideas and information clearly.			
Supplies	Physical Activity Card Set (provided), paper, pencil	Time	30-35	
needed		required	minutes, plus follow-up	
Before the	Review the writing assignment below and adjust to suit the routine of your classroom and the style of writing you would like students to practice.			
lesson	Determine expectations for length, number of sentences, etc.			
Lesson	1. Begin this lesson by doing a few minutes of physical activity with your students. Choose an activity from the physical activity card set provided. Take the opportunity to remind your students how important it is to be active throughout the day to keep our bodies and minds strong.			
	2. Ask students to share aloud some of the things third graders can do to be healthy and strong. Capture student identhem up there for the remainder of the lesson.	eas on the bo	ard and leave	
	List should include			
	Eat fruits and veggies every day.			
	Be active.			
	Drink milk, choosing 1% or fat-free most often. Eat breakfast.			
	3. Ask each student to pull out a piece of lined paper and let them know they will be writing a letter to someone in their family today. Each student's letter will include a goal they set for themselves.			
	Goals are things we try to do because they are important to us. Think about a goal you could set that could help y eating more fruits and veggies, being more active, spending less time watching TV or drinking more milk and wate you are going to describe your goal to someone in your family. Be very specific. For example, instead of saying you say I will eat fruit as a snack after school every day. Be sure to include why it is important to you and how you are	er and less soo u'll eat more f	da. In this letter ruit; you could	
	Discuss these characteristics of a smart goal with students.			
	Specific – the goal is specific when it involves doing one particular thing.	m 0		
	Measurable – a goal is measurable when we know once we've succeeded by "measuring" one thing like screen to	me.		
	Achievable – a goal is achievable when it is something we can actually do for ourselves. Realistic – a realistic goal is one that makes sense for and isn't so difficult that we want to give up.			
Continued on page 2	Time – goals should include a specific time when you want to have reached them.			
	*Include teacher-determined specifications for length and style determined before the lesson. (Continued on page 1)	age 2)		

4. The last part of this activity will happen at home. Ask students to write two questions at the bottom of their letter leaving space for answers. These questions will be answered by the person to whom the third grader wrote the letter (parent, grandparent, guardian, etc).

Question A: What do you want to do to be healthier?

Question B: What can we do together to reach our goals?

- 5. Ask students to take the letter home and complete the assignment with the family member they chose. They will complete it by asking the family member to answer questions A and B. If possible, send this home with the bingo card from this month. Encourage students to talk with their parents by offering some type of incentive for completing the last part of the assignment. Examples include: extra 5 minutes of recess, being the class leader for the day, other classroom privilege.
- 6. Save the completed letters and send them home with the students during the last week of school.